



FITNESS SCHEDULE						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Class Prices <ul style="list-style-type: none">Membership - \$75 (unlimited classes)10x Punch Pass - \$110Drop In - \$14 Sunday Workshops <ul style="list-style-type: none">Homeowner - \$25Non-homeowner - \$30						1 SPIN 8:15AM YOGA 9:30AM
2	3 STRECH & CORE 9AM AQUA FIT 10:15AM	4 PILATES 8:15AM YOGA 9:30AM FITNESS SWIM 6PM	5 SPIN 7:45AM BODY BARRE 9AM	6 PILATES 8:15AM BEGINNER YOGA 1PM TECHNIQUE SWIM 6PM	7 SPIN 7:45AM BODY BARRE 9AM BEGINNER STRENGTH TRAINING 10:15AM	8 YOGA 9:30AM SPIN 11AM
9 HIPS & SPINE YOGA WORKSHOP 2-4PM	10 STRECH & CORE 9AM AQUA FIT 10:15AM	11 PILATES 8:15AM YOGA 9:30AM FITNESS SWIM 6PM	12 SPIN 7:45AM BODY BARRE 9AM	13 PILATES 8:15AM BEGINNER YOGA 1PM TECHNIQUE SWIM 6PM	14 GOOD FRIDAY NO CLASSES	15 YOGA 9:30AM SPIN 11AM
16 EASTER HOURS 8AM - 4PM	17 STRECH & CORE 9AM AQUA FIT 10:15AM	18 PILATES 8:15AM YOGA 9:30AM FITNESS SWIM 6PM	19 SPIN 7:45AM BODY BARRE 9AM	20 PILATES 8:15AM BEGINNER YOGA 1PM TECHNIQUE SWIM 6PM	21 SPIN 7:45AM BODY BARRE 9AM AQUA FIT 10:15AM	22 YOGA 9:30AM SPIN 11AM
23 HIPS & SHOULDERS YOGA WORKSHOP 2-4PM	24 STRECH & CORE 9AM AQUA FIT 10:15AM	25 PILATES 8:15AM YOGA 9:30AM FITNESS SWIM 6PM	26 SPIN 7:45AM BODY BARRE 9AM	27 PILATES 8:15AM BEGINNER YOGA 1PM TECHNIQUE SWIM 6PM	28 SPIN 7:45AM BODY BARRE 9AM AQUA FIT 10:15AM	29 YOGA 9:30AM SPIN 11AM
30 HIPS & SPINE YOGA WORKSHOP 2-4PM						

CLASS DESCRIPTIONS	
SPIN These classes challenge all fitness levels. Control your own ride through a warm up, sprints, climbs and a cool down. Join us for a high energy fun cardio workout and notice an overall increase in strength and endurance.	AQUA FIT This is a beneficial class for anyone looking to increase strength and flexibility using water resistance. Have fun in the pool while improving overall fitness and balance. A great class appropriate for all fitness levels!
BODY BARRE This class blends light weights & body weight with ballet bar type exercises to tone the body & deep core. Stretching & Fascia release also incorporated.	PILATES Pilates-based workout that will fire your core through a fusion of exercises. Strengthening the body from the inside out, these classes will give you a complete core training program. The rhythmic breathing will help you centre, and keep a steady mind increasing both strength and flexibility throughout your body.
YOGA Come experience the tranquility of movement. Empower your mind and strengthen your body as you move through a series of meaningful poses. Bring a water bottle, towel, yoga mat	INTRO/FITNESS/TECHNIQUE - SWIM Swimming is an excellent, whole body fitness activity that is easier than you might think. Come out and sample a swimming workout, and see how much fun it can be in a supportive, coached environment. Bring a water bottle, towel